

### Abstract

A cylinder shaped apparatus used for massaging a person's body parts. The user lays back over the Body Massage Cylinder Apparatus in a horizontal position parallel to the ground and knees bent. The user slides his/her body back and forth over the apparatus with the use of his/her legs. The ribbed and semi-pointed surfaces coupled with the weight of the users body and sliding motion massages the associated areas in the back, however not limited to the back, many other body areas may be massaged. The apparatus has the ability to adjust the height and pressure by an inlet air valve located on the side. This allows the apparatus to adapt to the users body shape and comfort level by adding or releasing air. The unique uni-body constructed cylinder design and proper height off the ground are key elements of the invention stabilizing the user during massaging, exercising and stretching.